NORTHSHORE KELLOGG CANCER CENTER

Fueling the Fight:
Recipes with Cancer-Fighting Benefits

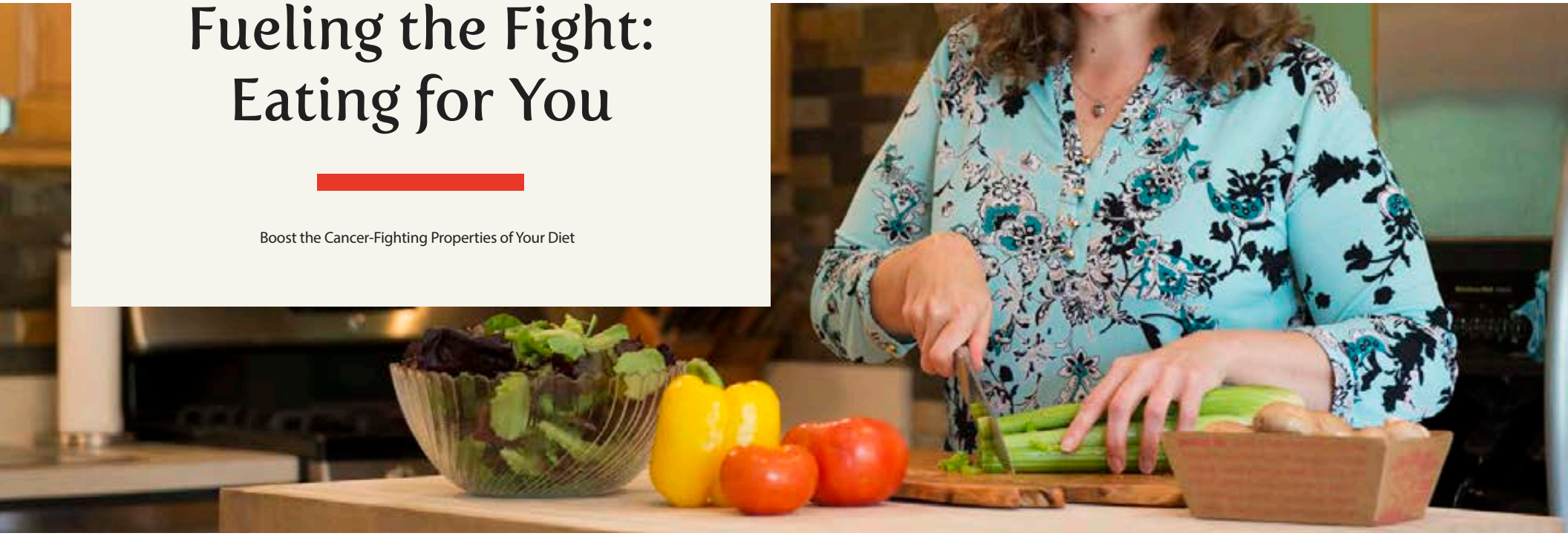
Simple home cooking that boosts cancer-fighting properties of your diet



NorthShore
University HealthSystem

Fueling the Fight: Eating for You

Boost the Cancer-Fighting Properties of Your Diet



Whether you're going through treatment now – or trying to kick up your health to prevent cancer – each nutrient you feed your body has a certain job in providing for your body.

NorthShore Kellogg Cancer Center Registered Dietitians know that nutrition is one of the most important parts of the healing process and share what to add to your diet.

Phytochemicals have been shown to stimulate the immune system, slow the growth rate of cancer cells and prevent DNA damage that can lead to cancer.

So how do we eat more phytochemicals? A diet consisting of mostly plant foods with brightly colored choices is the first step.

While the vivid colors in plant foods are cancer fighters, it is important to point out that no single food or phytochemical alone can protect us from cancer and disease. Instead, a diet that offers plentiful choices from the rainbow of colors provides the best protection.



Lycopene (red)	Glucosinolates (green)	Lutein (yellow)	Ellagic Acid (blue)	Carotenoids (orange)
acts like an anti-oxidant to gobble up the free radicals in our bodies.	are anti-inflammatory and stimulate the enzymes that de-activate carcinogens.	are potent anti-oxidants & protect our eyes.	decrease the free radical damage to DNA.	are important for immune function.

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Creamy Millet with Blueberry Compote

4-6 servings • 385 calories / per serving • 3 steps



1 1/2

cups frozen blueberries



1 1/4

tsp grated orange zest



2

cups fresh orange juice



1

cup millett, rinsed well



3/4

cup organic unflavored soymilk



2

tbsp toasted, slivered almonds



A staple grain of India, millet is a versatile gluten-free whole grain that is similar to quinoa. Whole millet is a nutritional powerhouse providing a good source of protein, fiber, B vitamins, iron, zinc and magnesium.

HEALTH TIPS

Blueberries are a no-brainer when it comes to cancer-fighting properties!

They contain phytochemicals known as anthocyanins, as well as excellent sources of Vitamins C and K.

things you might already have:

- 1 cup water
- 2 tbsp maple syrup
- 3/4 tsp ground ginger
- 1/2 tsp sea salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 tsp allspice
- 1 tbsp unrefined coconut oil

nutrition: per serving/

- calories: 385
- total fat: 8.8 g
- carbohydrates: 72 g
- protein: 8 g
- fiber: 9 g
- sodium: 330 mg

step 1 To prepare the compote combine blueberries, 1 tsp grated orange zest, 1 tsp orange juice, 1 tsp maple syrup and 1/4 tsp ground ginger in a small saucepan over medium heat. Bring to a boil, then cook 5-10 minutes more until the mixture becomes syrupy, stirring occassionally.

step 2 To prepare the millet, bring the remaing juice and water to a boil in a small saucepan, then stir in the millet, salt, cinnamon, remaining ginger, cardamom, and allspice, then return to a boil.

step 3 Reduce heat, cover and simmer for 25 minutes. Add soy milk, stirring to break up any clumps in the millet. The millet should be tender, with the consistency of oatmeal. Stir in 1/4 tsp zest, oil and 1 tbsp maple syrup. Serve topped with the compote and almonds.

Berry Nutty Breakfast Parfait

4 servings • 257 calories / per serving • 4 steps



2	2	2	1/2	4
cups blueberries	cups strawberries, sliced	cups low-fat plain yogurt	cup low-fat granola	tbsp walnuts, chopped



If you're looking for a quick and healthy breakfast, try this easy berry parfait. Plain yogurt is sweetened with fresh strawberries and blueberries, fiber-rich granola and a few walnuts for crunch.



things you might already have:

1 tbsp honey, softened by placing the jar in a pan of water over low heat

nutrition: per serving/

- calories: 257
- total fat: 8 g
- carbohydrates: 41g
- protein: 10 g
- dietary fiber: 5 g
- sodium: 118 mg

step 1 Place berries in mixing bowl. Drizzle with softened honey and toss gently to coat.

step 2 Spoon 1/4 cup yogurt into four parfait glasses (tall, narrow wine glasses will do) and top with layer of berry mixture.

step 3 Repeat layers with remaining yogurt and berry mix. Top with granola and nuts.

HEALTH TIPS

Berries and walnuts are rich in ellagic acid, a compound that acts as an antioxidant and antiinflammatory. This recipe is sure to convert even the most steadfast breakfast-skippers.

Pumpkin Overnight Oatmeal

2 servings • 203 calories / per serving • 4 steps



1

cup steel cut oats



1

cup pumpkin puree



3

cups organic unsweetened soy milk



NorthShore Kellogg Cancer Center knows that stress and fatigue are two issues cancer patients – and non-cancer patients – have to deal with.

things you might already have:

- 1/2 tsp pumpkin pie spice
- 1/2 tsp cinnamon, ground
- 2 tsp vanilla extract
- 1 pinch salt
- Optional, 1 tsp stevia or the equivalent of your preferred sweetener

nutrition: per serving/

- calories: 203
- total fat: 5.5 g
- carbohydrates: 28 g
- protein: 11.5 g
- dietary fiber: 6 g
- sodium: 104 mg

step 1 Add all of your ingredients except the milk to the crockpot and stir.

step 2 Add the milk and stir carefully.

step 3 Set the crockpot on low for 4 - 6 hours.

step 4 Serve with any one of or a combination of the following: maple syrup, pat of butter, cranberries, pumpkin seeds, walnuts, almonds or a dollop of vanilla Greek yogurt.

HEALTH TIPS

This convenient and easy-to-assemble recipe offers excellent nutrition. Great for the whole family, this will soon be a family favorite.

Strawberry Ricotta Toast

8 servings • 232 calories / per serving • 5 steps



4	1	4	1
cups ripe strawberries, sliced	cup low-fat ricotta cheese	whole wheat English muffins, halved and toasted	cup fresh basil leaves, thinly sliced



Dietitians at NorthShore recommend taking advantage of local strawberries for freshest flavor.

things you might already have:

- 2 tsp lemon zest
- Honey to taste
- Sea salt and fresh ground pepper

nutrition: per serving/

- calories: 232
- total fat: 6 g
- carbohydrates: 34 g
- protein: 13 g
- dietary fiber: 5 g
- total sugars: 10 g

step 1 In a small bowl combine the ricotta, lemon zest, salt and pepper to taste.

step 2 Spread a generous smear onto toasted whole wheat English muffin.

step 3 Layer strawberries on top, followed by basil.

step 4 Drizzle honey as desired.

step 5 Season with additional salt and pepper if desired.

HEALTH TIPS

This delicious treat can be served any time of day and combines nutritious strawberries with low-fat ricotta. Try this with a whole wheat English muffin – such as Ezekiel – for its satisfying and filling fiber.

Smashed Chickpea and Avocado Toast

4 servings • 591 calories / per serving • 4 steps



1	2	1/2	2
15-oz can chickpeas or garbanzo beans	large ripe avocado	cup fresh cilantro, chopped	tbsp green onion, chopped



Want to go vegetarian for a meal but afraid to fall shy of protein goals? Have no fear for beans are here! Chickpeas and the versatile bean group offer 7 grams of protein per 1/2 cup.

things you might already have:

- 1 lime, juiced
- Salt and pepper, to taste
- Whole wheat bread or sandwich thins
- Fresh spinach leaves or other sandwich toppings

nutrition: per serving/

- calories: 591
- total fat: 18 g
- carbohydrates: 86 g
- protein: 23 g
- dietary fiber: 24 g
- total sugars: 29 g

HEALTH TIPS

This recipe is convenient for a packable lunch and qualifies as a nutritious choice. Swap avocado for mayo to reduce saturated fat and calories while adding fiber, potassium, B vitamin folate and cancer-fighting carotenoids.

step 1 Rinse and drain the chickpeas. Place them on a paper towel and remove the outer skins (feel free to leave them on).

step 2 Using a fork or potato masher in a small bowl, smash the chickpeas and avocado together.

step 3 Add in cilantro, green onion and lime juice. Season with salt and pepper to taste.

step 4 Spread on bread and top with your favorite sandwich toppings.

Basil Lima Bean Hummus

6 servings • 142 calories / per serving • 5 steps

Beans of all kinds are a nutritional knock-out, with their 1-2 punch of fiber and protein content to satisfy even the hungriest of appetites. Lima beans boast 706 mg of potassium per 1 cup serving. Lori Bumbaco, Oncology Dietitian, shares this light recipe for a summer snack on crackers and sandwiches or with veggies and salads.

things you might already have:

- 1 tbsp tahini
- 2 tbsp extra-virgin olive oil
- 2 tbsp lemon juice, freshly squeezed
- 1/2 tsp sea salt
- Freshly ground pepper, to taste
- 1/2 cup reserved cooking liquid or water

nutrition: per serving /

- calories: 142
- total fat: 8 g
- carbohydrates: 12 g
- protein: 5 g
- fiber: 3 g
- sodium: 159 mg

step 1 Cook lima beans according to package directions.

step 2 Drain lima beans and reserve 1/4 - 1/2 cup of the cooking liquid.

step 3 In a food processor, combine all ingredients except cooking liquid or water.

step 4 Purée until smooth, gradually adding liquid as desired to thin dip and scraping down sides of bowl as needed.



12 ounce bag of frozen lima beans



2 medium cloves garlic, sliced



1/4 cup fresh basil, chopped

HEALTH TIPS

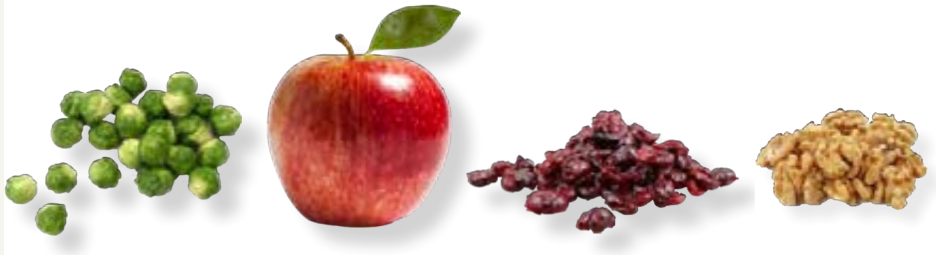
And what would any tasty hummus be without tahini?

Made from a simple paste of finely ground sesame seeds, tahini contains heart-healthy monounsaturated fats, minerals, and B vitamin thiamin, elevating this recipe to a high ranking nutrition choice.



Brussels Sprouts Slaw

8 servings • 120 calories / per serving • 4 steps



3	1	2/3	1/2
lbs Brussels sprouts	Fuji or Gala apple, peeled, cored and chopped	cup dried cranberries	cup chopped walnuts



Cruciferous vegetables, like Brussels sprouts, can lower risk for certain cancers, such as those of the colon, mouth, esophagus and stomach.

HEALTH TIPS

This is a great recipe to get kids involved by, helping in the kitchen and taking on more responsibility.

things you might already have:

- 1/2 tsp kosher salt
- 1/8 tsp freshly ground pepper
- 1/3 cup fresh lemon juice
- 1 tbsp extra virgin olive oil

nutrition: per serving/

- calories: 120
- total fat: 7 g
- carbohydrates: 16 g
- protein: 3 g
- dietary fiber: 3 g
- sodium: 130 mg

step 1 Trim bottom from sprouts and remove any loose or bruised leaves.

step 2 Using a food processor, shred sprouts. There should be about 4 1/2 cups.

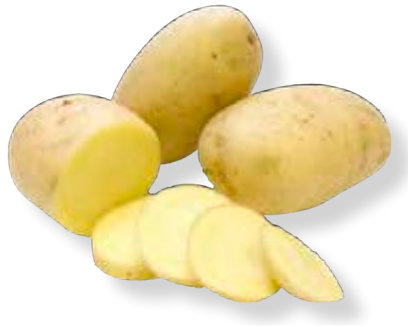
step 3 Add sprouts to bowl with apple, cranberries, walnuts, salt, pepper and lemon juice and stir with fork to combine well.

step 4 Serve within 24 hours.

Baked Oven Fries

4 servings • 145 calories / per serving • 4 steps

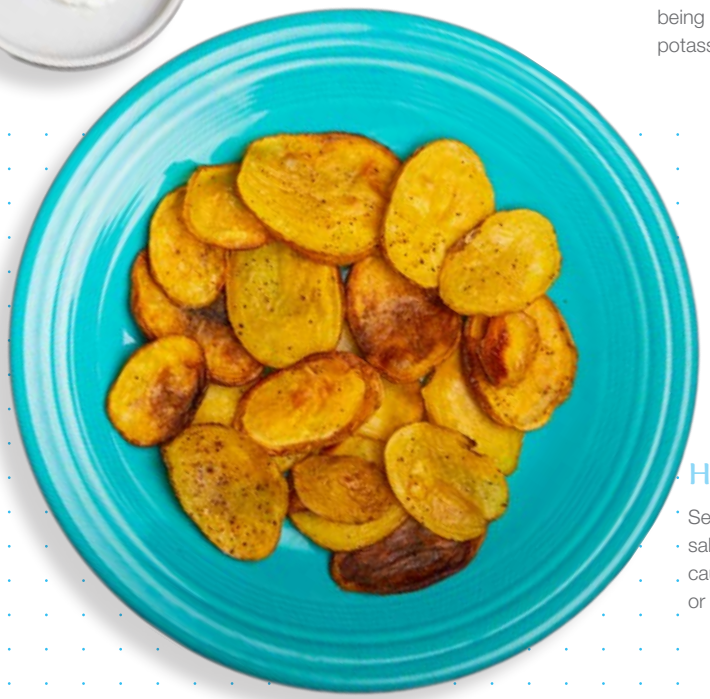
NorthShore Kellogg Cancer Center Dietitians want patients to know that it is not an absence of carbohydrates that we should achieve but rather a balance. In moderation, potatoes are good for you!



4

large Yukon Gold potatoes, thinly sliced





Potassium is great for those going through chemotherapy who sometimes need extra potassium – with potatoes being one of the highest potassium foods.

things you might already have:

- 2 tbsp olive oil
- Pinch of sea salt
- Pinch of freshly ground pepper
- Optional, dried rosemary

nutrition: per serving/

- calories: 145
- total fat: 5 g
- carbohydrates: 18 g
- dietary fiber: 2 g

step 1 Spread the slices on a parchment paper-lined cookie sheet.

step 2 Drizzle with olive oil, turning the potatoes to coat them well.

step 3 Sprinkle a pinch of salt and pepper or rosemary over the potatoes.

step 4 Roast uncovered at 375º F for 30 minutes*.

*Time will vary based on the thickness of the potato slices.

HEALTH TIPS

Serve these fries with a large salad, roasted asparagus or cauliflower, and grilled salmon or chicken.

Summer Squash Salad

4 servings • 82 calories / per serving • 5 steps



1/2 small red onion, thinly sliced



1 medium-large yellow summer squash



1 medium-large zucchini



1/4 cup feta, crumbled



2 tbsp fresh oregano leaves, chopped



1 tbsp fresh thyme leaves, chopped

things you might already have:

- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp coarsely chopped fresh oregano leaves
- 1 tbsp chopped fresh thyme
- Salt and freshly ground black pepper to taste

step 1 In large bowl, whisk olive oil, lemon juice, lemon zest, oregano and thyme.

step 2 Cut stems from squash and use vegetable peeler to shave lengthwise to create ribbons. Repeat with zucchini.

step 3 Stack ribbons and cut them in half crosswise.

step 4 Mix sqash and olive oil dressing.

step 5 Toss in feta.

This easy-to-make recipe is rich in cancer-protective fiber and nutrients, including lutein and zeaxanthin - which are great for your eyes!

nutrition:

per serving /
calories: 82
total fat: 7 g
carbohydrates: 5 g
protein: 1 g
fiber: 2 g
sodium: 7 mg



Tomato Soup with Chickpeas & Lemon

4 servings • 200 calories / per serving • 3 steps

This fresh, vibrant and warming soup will give your day a little kick with a tangy citrus finish. The chickpeas add a boost of fiber and protein for a light and refreshing lunch centerpiece.





2

lemons



1

large rib celery, chopped



3/4

cup sliced leek, white and 1-inch green parts



1

large carrot, sliced



1/2

onion, finely chopped



1

14-oz can no salt added whole peeled tomatoes



2

garlic cloves. finely chopped



1

15-oz can chickpeas, rinsed and drained

things you might already have:

- 1 tsp. extra virgin olive oil
- 1/4 tsp. smoked Spanish paprika
- 3 cups reduced-sodium vegetable broth
- Salt and freshly ground pepper

nutrition: per serving/

- calories: 200
- total fat: 5 g
- carbohydrates: 34 g
- protein: 10 g
- fiber: 9 g
- sodium: 461 mg

HEALTH TIPS

Make ahead and freeze these into freezer-safe containers. Perfect for meal prep or for dinner in a pinch.

step 1 In large heavy saucepan, heat oil over medium-high heat. Add onion and cook until golden, 4 minutes, stirring often. Add carrot, celery, leek, and garlic, stirring to coat them with oil. Cook until leek slices are translucent and soft, about 4 minutes.

step 2 Add tomatoes one at a time, holding them over pot and crushing them in your fist. Add liquid from can. Add chickpeas, paprika and broth. Bring liquid to a boil, reduce heat and simmer, covered, until vegetables are almost tender, 20 minutes. Season to taste with salt and pepper.

step 3 To serve, divide hot soup among four bowls. Cut 1 lemon into quarters. Squeeze juice from a quarter into each bowl, straining out seeds. From center of second lemon, cut four 1/4-inch slices. Heat a dry cast-iron skillet or grill pan over high heat. Add lemon slices and cook until caramelized to brown and lightly charred in places, 1-2 minutes. Turn and cook for 1 minute. Set 1 lemon slice in center of each bowl and serve.

Coconut Ginger Poached Salmon

6 servings • 413 calories / per serving • 5 steps

Salmon is loaded with omega-3 fats, healthy fats that possess anti-inflammatory properties. Choose wild-caught Pacific salmon if possible; it's the most likely to be free of mercury and PCBs that farmed or Atlantic salmon may contain.



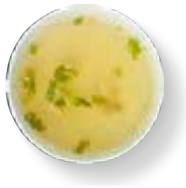
3 pieces of fresh ginger



3 kaffir lime leaves, chopped and bruised



1 lb salmon fillet, sliced



8 cups vegetable broth



2 squeeze of lime juice



2 shallot bulbs. halved and bruised



1 bunch of fresh cilantro, chopped



2 15 oz-cans coconut milk

things you might already have:

- 1/2 tsp sea salt
- 1/2 cup breadcrumbs
- 1/2 tsp cumin
- Optional, 2 tsp Thai red chili paste

nutrition: per serving /

- calories: 413
- total fat: 35 g
- carbohydrates: 8 g
- protein: 20 g
- fiber: 2 g
- sodium: 275 mg

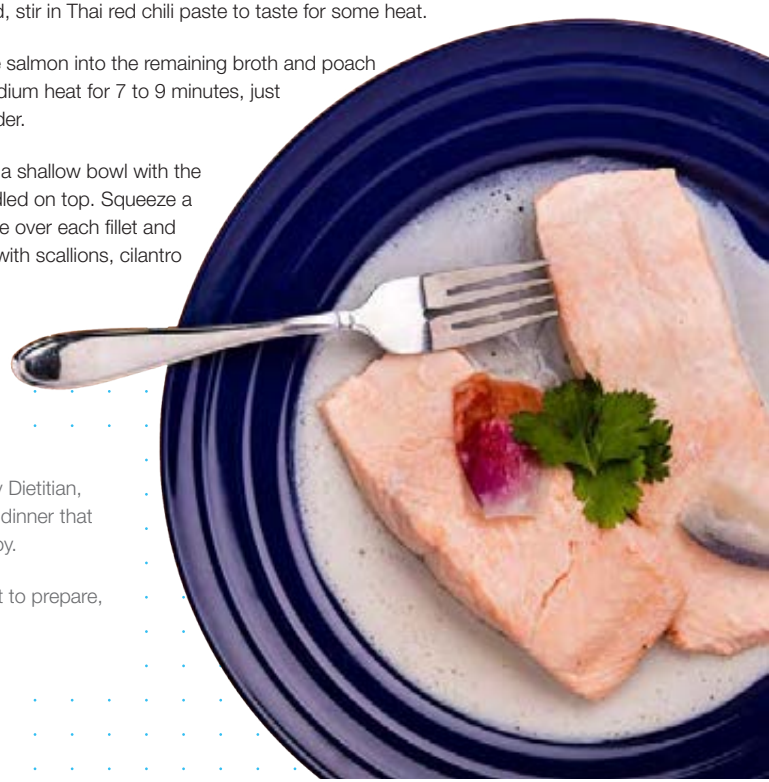
step 1 Remove pin bones and cut into 1-inch cubes. Season the salmon with 1/4 tsp salt, cover tightly and refrigerate for a minimum of 30 minutes and up to several hours.

step 2 In a large straight-sided sauté pan or a low-sided pot just large enough to hold the salmon in a single layer, bring the broth, coconut milk, ginger, shallots, lime leaves, lemongrass and 1/4 tsp salt to a slow boil over medium heat. Let the ingredients infuse their flavor into the liquid for about 20 minutes.

step 3 Decrease the heat to low and continue to let the broth develop for another 30 to 40 minutes. Remove half of the broth from the sauté pan and reserve for a future use. If desired, stir in Thai red chili paste to taste for some heat.

step 4 Slide the salmon into the remaining broth and poach over medium heat for 7 to 9 minutes, just until tender.

step 5 Serve in a shallow bowl with the broth ladled on top. Squeeze a bit of lime over each fillet and garnish with scallions, cilantro or mint.



HEALTH TIPS

Lori Bumbaco, Oncology Dietitian, has provided a delicious dinner that the whole family can enjoy.

While this takes a little bit to prepare, it is well worth the wait!

Chicken Pot Pie

6 servings • 95 calories / per serving • 9 steps

This is a hearty and healthy pie that everyone will enjoy. Grain- and dairy-free pot pie is perfect for satisfying your comfort food craving.



Paleo habits are good for your body. These habits include more unprocessed foods in your diet, fewer chemicals and an increased amount of healthy fats. Since everything is natural, it is packed with nutrients.



1 chicken breast, boneless and skinless



2 ribs celery, diced



2 shallots, diced



2 large carrot, diced



2 garlic cloves, minced



3 cups chicken stock



1 handful fresh thyme



6 tbsp almond flour



1 head cauliflower

things you might already have:

- 2 tsp egg white
- 1 egg
- 2 tsp coconut oil
- 1/2 tsp salt
- 1/2 cup room-temp coconut milk
- 1 tbsp hot reserved cauliflower broth

nutrition: per serving/

- calories: 95
- fat: 5 g
- carbohydrates: 2 g
- protein: 11 g
- fiber: 1 g
- sodium: 103 mg

step 1 Preheat oven to 350º F.

step 2 Add the coconut oil, garlic, onions, celery and carrots to a large frying pan. Sauté on medium heat while you cut up the chicken breasts into small, bite-sized pieces.

step 3 Add chicken to the pan. Cover and cook until no longer pink, about 10 minutes. Remove the cover and cook for 2 minutes to allow the juices to boil off. If there are still juices, drain and replace in pan. Set aside.

step 4 Add cauliflower, chicken stock and onion salt to a large saucepan. Bring to a boil, reduce heat to simmer and simmer for 15 minutes or until cauliflower is very tender.

step 5 Drain the cauliflower, reserving the liquid in a separate bowl. Blend cup of reserved liquid with drained cauliflower until smooth.

step 6 Pour creamed sauce over cooked vegetables and chicken, add thyme and stir to combine. Divide into 6 small ramekins.

step 7 Prepare the pastry by mixing almond flour, egg and coconut milk. Once mixed well, add hot reserved cauliflower broth.

step 8 Separate the dough into 6 equal parts. Taking one part at a time, transfer to a piece of parchment paper, cover with a second piece of parchment and roll until about 1-inch thick. Cut a circle out of the rolled dough. And carefully peel from the parchment, transferring to the tops of the ramekins. Poke the top with the end of a fork. Repeat with remaining dough.

step 9 When complete, place ramekins on a large baking sheet, brush the egg whites over top and bake in preheated oven for 30 minutes or until tops are golden and crisp.

‘Shroom Turkey Sliders

12 servings • 185 calories / per serving • 4 steps

Blending vegetables or beans into traditional meat-based recipes offers a nutritional upgrade in numerous ways – such as added fiber, vitamins and minerals. In this specific recipe, you get the added benefits of cancer-fighting beta glucans in each savory bite. These veggie-packed sliders offer simultaneous benefits by reducing calories, saturated fats and sodium with a mouthful of flavor.



1/2 cremini mushrooms, finely chopped



1 lb ground turkey breast



1/2 onion, finely chopped



1 medium avocado, peeled and sliced



1 medium tomato



1 cup baby spinach



12 hamburger buns

things you might already have:

- 1 tsp cumin
- 1 tsp paprika
- 1 clove garlic, minced
- 1/2 cup breadcrumbs
- 1 egg

*Other toppings of your choice: grilled pineapple, pickles, ketchup, Swiss cheese and grilled onion



step 1 Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.

step 2 In a large bowl combine mushrooms, turkey, seasoning, onion, garlic, breadcrumbs and egg; mix all ingredients until incorporated.

step 3 Form into 12 patties – about 1/3 lb – and cook on the stovetop until internal temperature reaches 160°F.

step 4 Place patty on warmed bun and top with sliced avocado, spinach, tomato and red onion.

nutrition: per serving /

- calories: 185
- total fat: 8 g
- carbohydrates: 18.5 g
- protein: 11 g
- fiber: 2 g
- sodium: 190 mg

Spaghetti Squash with Tomato Sauce

4 servings • 140 calories / per serving • 4 steps

A tasty way to get vegetables into your diet. Perfect for comfort food, this gluten-free and vegetarian dish is a crowd pleaser.





1

small spaghetti squash



2

lbs vine-ripe tomatoes



1/2

tsp dried basil



1/2

tsp dried oregano



1/2

onion, finely chopped

things you might already have:

- 1 tbsp extra virgin olive oil
- 2 garlic cloves, finely chopped
- Pinch of dried red pepper flakes
- 1/2 tsp salt
- Freshly ground black pepper

nutrition: per serving/

- falories: 140
- fotal fat: 5 g
- carbohydrates: 25 g
- protein: 4 g
- fiber: 6 g
- sodium: 347 mg

HEALTH TIPS

This recipe uses tomatoes and onion to impart rich flavor without taking away from the unique texture of the squash. And squash is a nutritional powerhouse, containing Vitamin A, potassium and fiber.

step 1 Preheat oven to 375º F. Pierce squash with a knife and bake on a piece of foil in oven 50-60 minutes, until slightly soft when firmly pressed.

step 2 Peel, halve, seed and dice tomatoes.

step 3 Heat oil in skillet over medium-high heat, add onion and sauté until translucent. Mix in garlic and cook another two minutes, stirring constantly. Add tomatoes, red pepper flakes, salt, basil and oregano. Stir until tomatoes are tender then season to taste with black pepper.

step 4 Halve the baked squash horizontally and scrape and discard the seeds. Using a fork, scrape out the squash into strands. Divide squash into four portions in cups. Evenly disperse the sauce over the squash.

Sweet Potato Black Bean Chili

4 servings • 322 calories / per serving • 7 steps



For a perfect fall Meatless Monday dinner, NorthShore Kellogg Cancer Center Dietitians love this yummy chili. Great when paired with a fresh green salad and a side of cornbread.



1 medium yellow or white onion, diced

3 medium sweet potatoes, peeled and chopped into bite-sized pieces

1 16-oz jar chunky salsa

1 15-oz can black beans, slightly drained

things you might already have:

- 2 cups low-sodium vegetable stock
- 1 tbsp olive oil
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1-2 tsp hot sauce

toppings, optional:

- Fresh cilantro, to taste
- Chopped red onion, to taste
- Avocado, to taste

nutrition: per serving/

- calories: 322
- total fat: 11 g
- carbohydrate: 47 g
- protein: 9 g
- dietary fiber: 12 g
- total sugars: 13 g

step 1 In a large pot over medium heat, sweat onions in 1 tbsp oil and season with a healthy pinch each salt and pepper.

step 2 Stir and continue cooking on medium heat until translucent and soft.

step 3 Add sweet potatoes and any desired spices at this time. Cook for 3 minutes.

step 4 Add salsa, water and vegetable stock.

step 5 On medium high heat, bring mixture to a low boil. Then lower heat to medium-low and simmer.

step 6 Add black beans, cover and cook for 20 – 30 minutes, or until the sweet potatoes can be punctured easily with a fork and the soup is thickened.

step 7 Serve with fresh cilantro, onion, avocado and lime juice.

HEALTH TIPS

Prepare this soup a few hours or the night before to allow for the flavors to marry.

This can also easily be frozen for up to 3 months for an easy future dinner.

Roasted Butternut Squash

5 servings • 243 calories / per serving • 6 steps



1

butternut squash,cut into 1/2-inch cubes

Perfect for a Thanksgiving side dish! Thanksgiving is a time to be thankful for what we have, like the company we're surrounded with and the food in our bellies. While all the home-cooked foods are delicious, they also contain many calorie pitfalls. One of the biggest pitfalls can be the side dishes.



things you might already have:

- 1/2 cup extra virgin olive oil
- Pinch of brown sugar or 1 tbsp of organic maple syrup
- Pinch of fleur de sel (French sea salt)
- Rosemary for garnish

nutrition:

per serving/
calories: 243
fat: 23 g
carbohydrates: 13 g
protein: 1 g
fiber: 2 g
sodium: 22 mg

step 1 Preheat the oven to 375º F.

step 2 Place the butternut squash on parchment paper.

step 3 Drizzle with extra virgin olive oil, brown sugar or maple syrup.

step 4 Add a pinch of fleur de sel.

step 5 Roast for 30 minutes or until brown/crispy.

Butternut squash is rich in fiber, potassium and carotenoids, including beta-carotene, which can decrease the risk for developing certain cancers. This dish is easy to make which is helpful for those with busy schedules who are going through treatment.

Veggie Pita Pizzas

4 servings • 309 calories / per serving • 5 steps

Treat yourself to a "healthy" pizza with whole grains, easy cheese and loaded veggies. You can switch the veggies out for in-season vegetables to make this dish year round!



4 whole-wheat pita bread rounds



1/2 cup part-skim ricotta cheese



1/2 red onion, chopped



1 tbsp chopped fresh sage



8 tsp grated Parmesan cheese



2 tbsp pecans, chopped



1 cup Brussels sprouts, cut into quarters



1 cup butternut squash, cubed

things you might already have:

2 tsp extra virgin olive oil, divided
Sprinkle of cinnamon

nutrition: per serving /

calories: 309
total fat: 10 g
carbohydrates: 45 g
protein: 13 g
fiber: 7 g
sodium: 437 mg

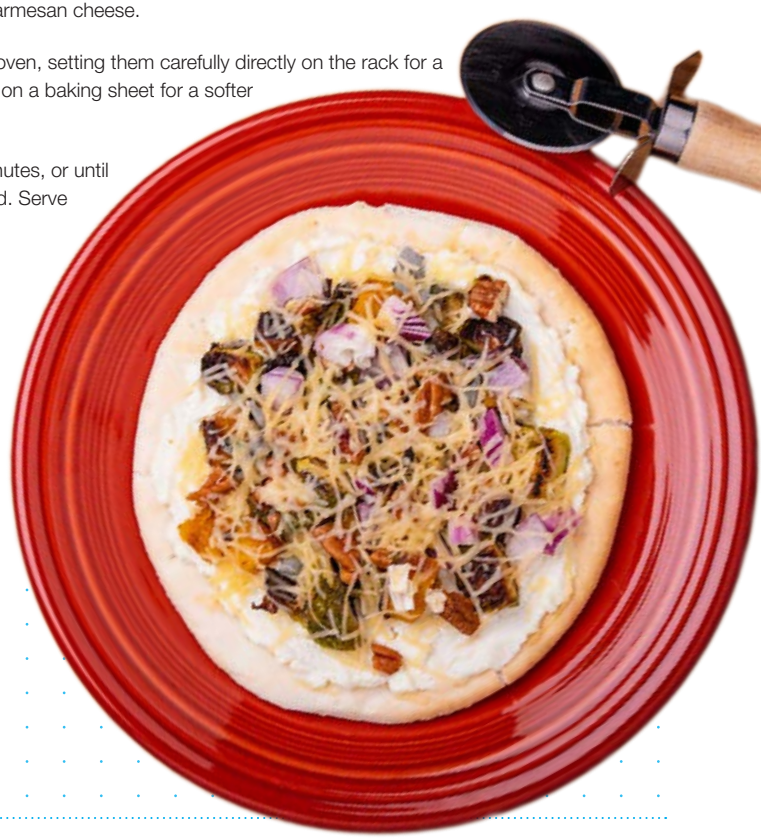
step 1 In a bowl, toss Brussels sprouts with 1 tsp olive oil. then spread evenly on a baking sheet. Then toss butternut squash with remaining oil and sprinkle with cinnamon and spread on another baking sheet. Place both sheets in oven and roast for about 20 minutes (or until fork tender), stirring halfway through.

step 2 Lay pitas on cutting board. Spread 2 tbsp ricotta on each pita.

step 3 Remove squash and Brussels sprouts from oven and spoon evenly onto pita rounds. Divide red onion, sage and pecans evenly and sprinkle on pitas. Top each with 2 teaspoons of Parmesan cheese.

step 4 Return pitas to oven, setting them carefully directly on the rack for a crispier crust or on a baking sheet for a softer crust.

step 5 Heat for 5-7 minutes, or until cheese is melted. Serve immediately.



HEALTH TIPS

Whether you have to entertain the kids or want to teach them about a healthy diet, this is a great way to get kids involved in the kitchen, making cooking fun!

Berry Yogurt Popsicles

12 servings • 69 calories / per serving • 4 steps





1 1/2

cups pitted fresh or frozen cherries



1/2

cup fresh or frozen blackberries



24

oz vanilla Greek yogurt

This recipe is easy to follow and a great activity to do with kids on summer break.

things you might already have:

- 1 tbsp honey
- 12 3-oz paper cups
- 12 popsicle sticks or plastic spoons

nutrition: per serving/

- calories: 69
- fotal fat: 0 g
- carbohydrates: 12 g
- protein: 5 g
- fiber: 1 g
- sodium: 18 mg

step 1 In a bowl mash cherries and berries, drizzle in the honey and mix together.

step 2 In paper cups, layer one spoonful of yogurt, one spoonful of fruit. Repeat until full.

step 3 Place popsicle stick or plastic spoon in the middle of each cup and freeze.

step 4 When ready to serve, tear paper cup off popsicle and enjoy.

HEALTH TIPS

Berries are rich in phytochemicals like anthocyanins and ellagic acid, compounds that counter inflammation and act as antioxidants.

Cucumber Lime Agua Fresca

4 servings • 3 calories / per serving • 3 steps



Hot summer days call for cool and refreshing drinks. Break out of the same old, same old and try a new, fun drink that has cancer-fighting benefits! This is the perfect summer drink the whole family will enjoy!



2

cucumbers, roughly chopped



4

limes, juiced



1

cup fresh mint leaves

things you might already have:

1 cup water

Ice

Optional: 1-2 tbsp agave syrup or sugar to taste

nutrition: per serving/

calories: 3

fat: 0 g

carbohydrates: 1 g

protein: 0 g

fiber: 0 g

sodium: 1 mg

step 1 Add the cucumbers, lime juice, 3/4 cup mint leaves, water and sweetener into a blender. Blend until the ingredients are combined.

step 2 Pour the blender contents over a fine-mesh strainer into a pitcher. To ensure you get all the juices and no pulp, push the pulp with a spoon over mesh, allowing the extra juices to escape.

step 3 Pour over ice and use remaining 1/4 cup mint leaves as a garnish.

Citrus fruits – like lime – are a good source of cancer-fighting phytochemicals called flavonoids. Flavonoids may inhibit inflammation and tumor growth, as well as boost our immune system and increase production of detoxifying enzymes in the body. Cucumbers contain fiber, vitamin K and about 90% water which can help us stay well hydrated during the high heat of summer.

Ginger Beer Mojito Mocktail

1 serving • 119 calories / per serving • 3 steps



3

slices of lime



10

mint leaves



4

oz ginger beer

things you might already have:

2 oz lime juice

Ice

Studies have shown a link between alcohol and an increased risk for breast cancer development. While drinking alcohol does not mean you will develop breast cancer, it does mean that there is an elevated risk for developing it.

Whether you are going through treatment for cancer or are being more aware of your health, NorthShore Kellogg Cancer Center Dietitians know that mocktails are a great way to mindfully partake in the fun.

This recipe can easily be made ahead of time to bring to a party or to check off your to-do list. Ginger beer is a great mixer because it is naturally sweet and bursting full of flavor.

nutrition:

per serving /

calories: 113

total fat: 0 g

carbohydrates: 29 g

protein: 1 g

fiber: 1 g

sodium: 4 mg

step 1 Muddle the mint together with the lime juice in a glass.

step 2 Add a few large ice cubes and pour in the ginger beer.

step 3 Finish the drink with additional garnishes, if desired.



Nutrition is an important part of the healing process in cancer treatment, as therapies such as surgery, chemotherapy and radiation can impact even the healthiest patient. Within NorthShore Kellogg Cancer Center are Registered Dietitian Nutritionists with expertise in oncology who are available to provide Medical Nutrition Therapy for our patients throughout the cancer care journey.

Fueling the Fight:
Food with Cancer-Fighting Benefits



Snack Smarter



Healthy fats can help keep you feel fuller, longer



Carrots can help boost your immune system



Cranberries are high in antioxidants and pair perfectly with nuts



Nature's sweet treat, strawberries are full of antioxidants



Greek yogurt is full of protein and an excellent source of calcium

A well-balanced meal with cancer-fighting benefits does not have to be difficult or boring. Sprinkling in more vegetables within your diet can be beneficial. The vivid colors in plant foods are cancer fighters, it is important to point out that no single food or photochemical alone can protect us from cancer and disease. Instead, a diet that offers plentiful choices from a rainbow of colors provides the best protection.